

Harlow Penguins Swimming Club presents

Winter Open Meet

A Level 3 Licensed meet No. 3ER14074

under ASA Laws & ASA Technical Rules of Swimming

at

Harlow LeisureZone, Essex. CM20 3DT

on

Saturday 22nd November 2014

Session 1 - Warm-up 12.30; Start 13.30					Session 2 - Warm-up tbc 17.00; Start 18.00				
Event 1	HDW	Girls	200m	Freestyle	Event 10	HDW	Boys	200m	Freestyle
Event 2	HDW	Boys	200m	Backstroke	Event 11	HDW	Girls	200m	Backstroke
Event 3	HDW	Girls	100m	Backstroke	Event 12	HDW	Boys	100m	Backstroke
Event 4	HDW	Boys	100m	Freestyle	Event 13	HDW	Girls	100m	Freestyle
Event 5	HDW	Girls	100m	Butterfly	Event 14	HDW	Boys	100m	Butterfly
Event 6	HDW	Boys	100m	Breaststroke	Event 15	HDW	Girls	100m	Breaststroke
Event 7	HDW	Girls	200m	Breaststroke	Event 16	HDW	Boys	200m	Breaststroke
Event 8	HDW	Boys	200m	Butterfly	Event 17	HDW	Girls	200m	Butterfly
Event 9	HDW	Girls	400m	Freestyle	Event 18	HDW	Boys	400m	Freestyle

GIRLS LOWER LIMIT TIMES

GIRLS UPPER LIMIT TIMES

9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER	STROKE	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER
	1:54.8	1:43.4	1:37.6	1:35.4	1:33.5	1:31.7	100m Back		1:16.6	1:09.0	1:05.0	1:03.6	1:02.3	1:01.1
	2:10.4	1:59.6	1:52.1	1:49.2	1:45.7	1:45.0	100m Breast		1:26.9	1:19.8	1:14.7	1:12.8	1:10.5	1:10.0
	1:51.4	1:44.3	1:37.2	1:34.8	1:32.2	1:31.4	100m Fly		1:14.3	1:09.5	1:04.8	1:03.2	1:01.4	1:01.0
	1:41.1	1:30.2	1:26.6	1:23.9	1:21.8	1:20.8	100m Free		1:07.4	1:00.2	0:57.8	0:55.9	0:54.6	0:53.8
4:33.5	4:00.6	3:33.8	3:22.6	3:15.6	3:13.1	3:10.1	200m Back	3:02.3	2:40.4	2:22.6	2:15.0	2:10.4	2:08.7	2:06.7
5:11.8	4:36.6	4:11.8	3:57.5	3:48.6	3:44.9	3:41.3	200m Breast	3:27.8	3:04.4	2:47.8	2:38.3	2:32.4	2:29.9	2:27.5
5:12.5	4:19.8	3:48.7	3:34.0	3:27.6	3:22.9	3:18.5	200m Fly	3:28.3	2:53.2	2:32.5	2:22.6	2:18.4	2:15.3	2:12.3
4:08.0	3:34.9	3:14.4	3:01.2	2:54.0	2:51.6	2:49.9	200m Free	2:45.4	2:23.3	2:09.6	2:00.8	1:56.0	1:54.4	1:53.3
	7:16.8	6:34.1	6:10.8	5:58.8	5:54.0	5:50.4	400m Free		4:51.2	4:22.7	4:07.2	3:59.2	3:56.0	3:53.6

BOYS LOWER LIMIT TIMES

BOYS UPPER LIMIT TIMES

9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER	STROKE	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER
	1:58.3	1:49.6	1:37.2	1:32.6	1:27.8	1:25.4	100m Back		1:18.8	1:13.0	1:04.8	1:01.8	0:58.6	0:57.0
	2:14.1	2:06.2	1:53.5	1:47.2	1:42.5	1:38.6	100m Breast		1:29.4	1:24.1	1:15.7	1:11.4	1:08.3	1:05.8
	1:54.8	1:45.6	1:37.8	1:32.6	1:28.0	1:24.4	100m Fly		1:16.6	1:10.4	1:05.2	1:01.8	0:58.6	0:56.2
	1:42.2	1:34.8	1:23.9	1:18.6	1:15.1	1:14.3	100m Free		1:08.1	1:03.2	0:55.9	0:52.4	0:50.1	0:49.5
4:33.5	4:01.2	3:37.2	3:24.0	3:13.2	3:04.8	2:58.9	200m Back	3:02.3	2:40.8	2:24.8	2:16.0	2:08.8	2:03.2	1:59.3
5:25.7	4:55.2	4:14.4	3:59.8	3:47.0	3:35.9	3:28.4	200m Breast	3:37.1	3:16.8	2:49.6	2:39.8	2:31.4	2:23.9	2:19.0
5:11.4	4:25.4	3:52.7	3:36.6	3:25.2	3:13.4	3:06.5	200m Fly	3:27.6	2:57.0	2:35.1	2:24.4	2:16.8	2:09.0	2:04.3
4:07.9	3:34.8	3:15.6	3:00.0	2:52.6	2:43.8	2:39.0	200m Free	2:45.3	2:23.2	2:10.4	2:00.0	1:55.0	1:49.2	1:46.0
	7:19.2	6:38.4	6:08.4	5:53.9	5:44.0	5:33.5	400m Free		4:52.8	4:25.6	4:05.6	3:55.9	3:49.4	3:42.3

Times based on 2014 Essex County Age Group Championships +/-20%.